



Visit us online at  
[www.sophiaspiritualitycenter.org](http://www.sophiaspiritualitycenter.org)

*Sophia Center* is a ministry of the Benedictine sisters of Mount St. Scholastica. All retreats are on the grounds of the monastery, home to over 100 sisters. Spend prayerful time in the beautiful romanesque chapels, share in the spiritual and intellectual resources of the sisters and, most importantly, experience worship with a monastic community known for its reverent, beautiful liturgies.

## Program

### **Thursday, July 12th**

Registration - 4:00 to 6:00 p.m.

Opening - 7:00 p.m.

### **Friday, July 13th & Saturday, July 14th**

Two presentations each day  
by Judith Valente

Evening Gatherings

### **Sunday, July 15th**

Participant Panel

Departure after 12:00

## **Daily Liturgy of the Hours and Eucharist**

### **For more information contact:**

Sister Mary Elizabeth Schweiger, OSB  
913-360-6159  
[maryliz@mountosb.org](mailto:maryliz@mountosb.org)



# Being Truly Alive

## Judith Valente, Oblate

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11th Annual  
Monastic Institute  
for Benedictine Oblates

July 12 -15, 2018

**sophia**  
spirituality CENTER

A ministry of the BENELECTINE SISTERS

Atchison, Kansas

# Being Truly Alive

What The Rule of St. Benedict Teaches Us About Happiness, Meaning and Community

Award winning journalist Judith Valente has met and interviewed many people who have helped her to see how the Rule can be lived everyday. She will share, in her insightful and poetic style, how our commitment as Benedictine oblates can shape our daily lives.

Judith Valente is an oblate of Mount St. Scholastica, author of four spirituality books, as well as an award-winning journalist and poet. Her reports on religion have appeared on the national PBS-TV programs *Religion & Ethics NewsWeekly* and *The NewsHour*. She is currently senior correspondent and producer for WGLT Radio, the National Public Radio affiliate in central Illinois where she resides. She writes frequently for Catholic publications including *America*, *U.S. Catholic* and *National Catholic Reporter*.



*Pray, connect with oblates from across the country, and gather wisdom to share with others at the only institute designed exclusively for Benedictine oblates. This annual event offers oblates an opportunity for ongoing formation within a framework of monastic prayer and personal reflection.*

## Her presentations will address:

- ✘ Yearning for Life:  
On Waking Up
- ✘ Seeking The True Self: Facing  
Our Faults, Finding Forgiveness
- ✘ Linking Arms:  
Why Community Matters
- ✘ Finding Our Place in the  
Great Benedictine Narrative

## Registration Form

Registration due by June 23.

**Number of participants limited.**

(Late registrations must make their own reservations at local motels.)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

I have special dietary or physical needs.  
(Explain)

I will need airport transportation

Total program fee of \$325 (\$250 each for double room) is enclosed.

I will be sharing a double room  
with \_\_\_\_\_

I do not need overnight housing.  
My payment of \$200 is enclosed.

Non-refundable deposit of \$75 confirms registration. Balance will be paid on arrival.

(Make checks payable to Sophia Center)

Send registration with payment  
or register online:

**OBLATE INSTITUTE**  
Sophia Center  
751 South 8th Street  
Atchison, KS 66002  
sophia@mountosb.org